



## BREAKFAST OPTIONS

### • Protein Packed Smoothie

- 1 serving protein powder
- Blueberries 1/2 cup
- Almond or coconut milk
- ice/blend/serve

### • Overnight Oats

- Plain Greek Yogurt 1/2 cup
- Rolled Oats 1/2 cup
- Flax seed 1 Tbsp
- Chia seed 1 Tbsp
- Blueberries 1/4 cup
- Agave 2 tbsp
- cinnamon \*\*Important to use

### • Grains N Things

- 1 egg
- Egg whites 1/2 cup
- 1 Slice whole Grain Toast
- Avocado 1/2

## SNACKS

- Greek Yogurt (1/2 cup) & Blackberries 1/2 cup
- Nuts & seeds (1/4 cup)
- Bell peppers, carrots & hummus (1/4 cup)

### • Lettuce Wraps

- Grilled or Baked Chicken
- Lettuce to fold everything in
- tomato
- cucumber 1/2
- avocado 1/2
- hummus and /or mustard

## LUNCH/DINNER OPTIONS

### • BBQ Stuffed Sweet Potatoes

#### • Ingredients:

- 3-4 sweet potatoes
- 2 tbsp coconut oil
- 93/7 Lean Ground Chicken 10oz
- Low Sodium Chicken or Veggie Broth 1 cup
- 1/2 onion, chopped in half
- 2-3 garlic cloves
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1.5 cups low sugar/ low sodium BBQ sauce

- 2 tbsp cilantro, chopped

#### • How to cook:

- melt 1 tbsp of coconut oil
- Add in Ground Chicken season with salt and pepper, and sauté the chicken until lightly browned (this takes 4-5 minutes)
- Add in the broth, red onion, and garlic
- Place the lid on the Instant Pot, seal the valve, and set it to MANUAL for 60 minutes
- While the roast begins to cook, set the oven to 400 F and line a baking sheet with parchment paper
- Scrub the sweet potatoes well, rub them in coconut oil, and make a slit down the center
- Roast the sweet potatoes in the oven for 45-60 minutes or until cooked through (cooking time varies depending on the size)
- Remove the sweet potatoes from the oven and set aside
- Once the Instant Pot is done and the chicken is cooked, carefully quick release the pressure
- Remove the lid on the instant pot and spoon out the excess broth
- Pour in the BBQ sauce of choice and shred the Chicken to incorporate with the BBQ sauce
- Stuff the sweet potatoes with the BBQ chicken and top with cilantro to serve

### • Crockpot White Chicken Chili

#### • Ingredients:

- Chicken Breasts 6-8oz
- White Beans 1 can low sodium
- Chicken Stock Low Sodium
- Garlic, Onion, Green Chilis
- Cumin, Oregano, Cayenne, Cilantro, Lime

#### • Toppings Ingredients:

- Sliced Avocado
- Plain Greek Yogurt
- Diced Jalapeno

#### • How to cook:

- Place the chicken into a slow cooker. Stir in the remaining ingredients (except for cilantro and lime).
- Cover and cook the white chicken chili on LOW for 4 to 6 hours or HIGH for 2 to 4 hours.
- Remove the chicken, shred, and set aside.
- Optional: Puree/Blend portion of the chili to thicken it, leaving some of the beans whole. Return the chicken to the crockpot and stir in the cilantro.
- Serve with a squeeze of fresh lime juice and any other desired toppings.

## Easy Grilled Salmon Salad

#### • Ingredients:

- Salmon 4oz
- Spring Mix 2 cups
- Chopped Cucumber, tomato, Red Onion
- Chopped Walnuts 1/4 cup
- Balsamic Vinaigrette 2-3 tbsp

#### • How to make:

1. Bake or grill salmon 425 -20 min
2. Chopped all veggies
3. Put in bowl and mix it up!